

MEDICAL EVALUATION OF WORK STATUS

DEPARTMENT OF FIRE AND RESCUE SERVICES

MONTGOMERY COUNTY, MARYLAND

This patient is an employee of the Montgomery County Department of Fire and Rescue Services. Below is a position description for a Firefighter/Rescuer. You should be aware that any person classified as a Firefighter/Rescuer, regardless of their current job assignment, must be able to perform all of the duties listed below, to be considered eligible for **Full Duty**. If an employee cannot perform these duties, then he/she may not be considered for full duty.

Full Duty Position Description for Persons in the Firefighter/Rescuer Occupational Series

This employee is responsible for performing firefighting and rescue operations that might expose her/him to extreme heat or cold, and to toxic products of combustion. Every employee must participate in a physical fitness program every work day. Other daily activities might include any or all of the following:

- o driving emergency fire apparatus or ambulances
- o lifting and/or operating heavy machinery
- o climbing ladders up to 110' tall and/or raising ladders up to 50' tall
- o exposure to a variety of infectious diseases
- o being part of a two-person team that regularly carries an average 150 lb. patient plus the weight of the stretcher and other equipment up and down stairways and in and out of ambulances (total weight often in excess of 250 lbs.)
- o wearing protective turnout clothing (helmet, coat, pants and boots) that weighs approximately 35 lbs. (dry weight)
- o wearing of and breathing from a self-contained breathing apparatus system that is carried on the back and weighs approximately 35 lbs.

All of these activities often must be carried out under extreme temperature, lighting and stress conditions.

Note: One example of the type of sustained, physical exertion required of personnel in the Firefighter/Rescuer job classifications is the semiannual physical fitness testing program. This test has the following "minimum acceptable criteria":

- o 35 sit-ups in 1-1/2 minutes
- o 25 push-ups
- o 3 pull-ups
- o a grip strength of 100 lbs. in each hand
- o a positive result of the sit-and-reach test (extend fingers beyond toes while seated w/legs extended)
- o 1-1/2 mile run in less than 12 minutes